

green camp

• Packing Check List

What to Bring

DP = Day Programs

OP= Overnight Programs

- **Backpack or duffel bag** (OP): Big enough to hold all of the items below. (Don't bring travel bags with rollers as our lava rock pathways are not well suited to these.)
- **Daypack:** (DP/OP) Small, light bag with straps – such as your school book bag. This is what you'll take with you on day excursions. It should be big enough to hold a water bottle, camera, snacks, a book or journal and a change of clothes.
- **Running / hiking shoes:** (DP/OP) Students **MUST** wear closed-toe runners/sneakers for most Green Camp activities. Bring an old pair of tennis shoes that you are happy to wear in the river, or for climbing a tree and hiking in the jungle.
- **Waterproof sandals:** (DP/OP) Students are encouraged to bring Crocs / Tevas or other footwear / sandals that have heel straps and can get wet and dirty. These will be used for river crossings and other water-based activities.
- **Flip Flops (optional):** You are welcome to bring a pair of flip flops to wear when it is appropriate and safe to do so. We advise against bringing leather sandals as they are more difficult to clean and do not dry as quickly.

CLOTHING: Participants will be getting wet and muddy at some point during most days. Lightweight and breathable clothing is best. Day Campers should bring 1 change of clothes. You should bring the following:

- 2-3 quick-dry T-shirts (remember you can easily rinse out and dry these overnight/in between activities).
 - 2 T-shirts
 - 2 pairs of shorts
 - 4-5 pairs underwear and sports socks
 - 1-2 pairs of long pants or a long skirt
 - 1 long sleeved shirt or lightweight jumper (great for keeping bugs away at night)
 - 1 warmer top
 - 1 bathing suit

Note: Remember that whatever you bring will get a lot of wear and tear, so bring things you don't mind damaging.

TOILETRIES: (ON only)

- Toothbrush and toothpaste
- Shampoo, Conditioner and Soap
- Face-towel
- Feminine hygiene products (if necessary)
- Towel and/or sarong (we do provide towels in the yurts for overnight programs)

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- **Personal Medication:** (ON/DP) Instructors carry well-stocked first aid kits at all times however may not carry specific medication you may require. Please bring whatever medication you think you might need. Any prescription medication **MUST** be handed into the Camp Director at the beginning of the program and they will facilitate the allocation of medication.

- **Water Bottle:** ESSENTIAL. (ON/DP) A plastic or aluminum water bottle (min. 500 ml) such as a Nalgene or Sigg bottle. We do have purified drinking water available all over the campus, and campers will have access to purified water throughout the program, so think green and bring a reusable bottle.

- **Sun Hat:** ESSENTIAL – (ON/DP) something to keep the sun off your head, preferably a sun hat.

- **Flashlight/Torch:** ESSENTIAL (ON only) All overnight programs involve moving around the Yurt Village and campus at night. Although most common areas are well lit, a small flashlight or headlamp is necessary to help campers safely navigate trails and paths.

- **Sun Screen/insect repellent:** (ON/DP) Recommended although these are available if needed.

- **Camera (optional):** (maybe with an extra memory card if you're using digital and staying for a few days). Remember if you have a rechargeable battery, you need the appropriate adapter.

- **Sunglasses (optional):** bring one pair that offer good protection.

- **Lip screen (optional):** SPF 15 or higher. Lip balm without SPF actually intensifies the effect of the sun's rays!

What Not to Bring (and why!):

Laptops, tablets or other types personal computers: Green Camp believes that everyone needs to unplug once in a while. Leaving the outside world where it belongs (outside) and tuning into our natural surrounding and each other is what we're about. Join us and you'll know what we're talking about!

Phones (and all those other cool electronic gadgets): Same idea as above. Texting your pals at home really makes it difficult to share in the Green Camp experience. If your parents really need to contact you, they can always give us a call (or you can call them if it's really important). Cameras are cool—we definitely encourage you to capture all the amazing moments to share with your family and friends.

Food: We have a great food. And lots of it. Really. And living in the jungle, we also tend to have quite a few bugs that love to eat food left in yurts. Not a good combination as you can see. If you have special dietary requirements, please let us know and we can help in making arrangements. A well-fed camper is a happy one!

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Be a Green Camper means living in the moment. We welcome your presence!